

is for plums. This sweet and juicy fruit can be eaten fresh, cooked for pies and jams, or squeezed for juice. Plums come in a wide variety of colors, sizes, flavors and textures. They are called "stone fruits" because the seed is large and hard. California is the largest producer of plums, growing more than 200 different varieties. In fact, California produces over 90% of the plums grown in the U.S., followed by South Carolina and Georgia.

FSA Kids